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Riverbank stabilization to begin in 2016

Stephanie Taylor
Metro | Halifax

An eroding shoreline that threatens a war memorial nestled away in Winnipeg's south end will finally receive some much-needed repair.

The city is moving ahead with a million-dollar plan to stabilize the riverbank in Guay Park, located in St. Vital off St. Mary's Road and bordered by the Red River.

"I'm very happy," area Coun. Brian Mayes said in a recent interview. "It's maybe a year later than I would have liked, but this thing is getting done. It deserves to get done."

Mayes said in 2014 the riverbank was next in line on a priority list of shorelines that required maintenance, according to city staff.

"The erosion was starting to creep close to the cenotaph … no one wanted to see that go down the riverbank."

But after announcing that $1.6 million had been earmarked for the long-awaited project in June 2014, Mayes said he was dismayed to learn the cash had been diverted to help pay down the city's deficit several months later.

He says what followed was a 48-hours scramble to find out what exactly happened. What eventually came to light was that the corporate finance department had re-allocated the fund as a part of their "annual capital closing process," which reviews projects older than two years.

Although the cash was recovered, the timeline for the project, which was initially scheduled for 2015, remained up in the air.

The city is now planning for the first stage of work to be completed by March 2016, with the riverbank to be completely stable by the end of June, according to a bid opportunity posted to the city's website.

Although the city has yet to pick a contractor for the work, ten different companies have applied with estimates ranging from $769,000 to $1.1 million.

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metro NEWS

Your essential daily news

Take a tour through some of Canada's historic heritage homes. **Canada**

Winnipeg grocer has no appetite for liquor sales

PRIVATIZATION

Store manager says the move 'might cause more problems'

Braeden Jones
Metro | Winnipeg

Ed Cantor manages Cantor's Quality Meats and Groceries, operating in its current location since 1944. He said private liquor sales would be unnecessarily complicated and it's something he personally won't be getting in on. BRAEDEN JONES/METRO

Manitoba Liberals have pledged to privatize liquor sales if elected, but that doesn't mean local grocers or retailers will be on board with the plan.

Ed Cantor, manager of Cantor's Quality Meats and Groceries, said he has "no interest" in getting into the liquor game.

"If (others) want to do it, that's great, all to you, but is it going to create more business? It might cause more problems," he said.

Cantor thinks the way liquor sales are currently controlled is the best way.

"It's all controlled by one game in town and it always has been," he said, adding that in some areas, security could be a major issue for housing and selling liquor.

Cantor said managing independent businesses like corner stores and grocery stores would be complicated if liquor is added to the mix.

"It would have to be locked up…. it would have to be watched, you'd need security to ramp up, there's a cost associated with that," he said. "We're not trained the same way a Liquor Mart (is)."

Cantor also said he thinks more people getting in on liquor sales could "hurt somebody else's business."

> **We're not familiar with how to operate with that product yet.**
> Ed Cantor

Liberal Leader Rana Bokhari says government liquor stores would be sold and employees would get loan guarantees if they wanted to purchase an outlet.

She also says liquor-store workers would be offered jobs within a private system.

"It all depends on how they would do it, if it's a new thing it would take time for people to catch on," Cantor said.

"We've never been in it and we're not familiar with how to operate with that product yet.

"I'm not interested in it."

TRANSGENDER CANDIDATE

Province 'ready' for diversity in judges

Manitoba's attorney general says his province is ready for its first transgender judge, and possibly the first transgender judge in Canada.

Gord Mackintosh appointed Kael McKenzie to the provincial court last week.

McKenzie has been a Crown attorney in Manitoba for five years, and also practised family, commercial and civil law before that.

He received his law degree from the University of Manitoba in 2006.

Mackintosh says the province has worked to increase the diversity of the bench over the past decade after expanding the criteria in 2002 to include not only professional excellence and community awareness, but also the diversity of Manitoba society.

He says in addition to being transgender, McKenzie is also Metis.

"Diversity is valued, along with the other qualifications for advancement to the bench," Mackintosh said on Sunday. "We had a number of qualified candidates. The fact that Kael is also transgender is exciting."

"Manitoba is certainly ready for a transgender judge."

Mackintosh said that according to the Manitoba Bar Association, McKenzie is the first known transgender judge in Canada.

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IN BRIEF

Flin Flon woman wins $75K
A woman in Flin Flon has 75,000 more reasons to smile these days.

"I was really surprised," Sophia Rowe said in a recently issued release from the Western Canada Lottery Corporation, indicating she had won $75,000 in a scratch 'n' win lotto.

"I think the clerk was more visibly excited than I was; I just didn't know what to do with myself."

Rowe said she and her husband are planning to put their winnings towards paying off the retirement home they just finished building in Newfoundland.

She purchased her winning ticket at the Creighton Super Store in Creighton, Sask. METRO

Winnipeg Transit offers free rides New Year's Eve
Partygoers in Winnipeg won't have to pay for a ticket to ride this New Year's Eve.

City officials, Winnipeg Transit and Manitoba Public Insurance are jointly offering free regular bus and Handi-transit service for the fourth year.

Rides will be free starting at 7 p.m. until the last bus departs, which is usually around 1:30 a.m. METRO

Teenager charged with driving 190 km/h
RCMP in Manitoba say officers caught an 18-year-old driver speeding 190 km/h in a 110 km/h zone along Highway 1 on Thursday, in poor conditions.

RCMP said when the driver was pulled over, he "tried to explain he was testing out his new car."

The driver has been fined $1,228.74, and charged with speeding and dangerous driving.
EVAN MATTHEWS/FOR METRO

Mittens "should adapt with ease" after surgery, a vet speculates. COURTESY WINNIPEG HUMANE SOCIETY

Puppy with crushed feet to lose hind leg

VETERINARY AID

Vet says Mittens should recover enough to walk again

A puppy brought to the humane society will have his right hind leg amputated, but is expected to walk again.

The puppy, named Mittens, was brought in to the Winnipeg Humane Society with his two back feet crushed. He was hit by a car about a month ago, and didn't receive any care.

"The puppy doesn't have a foot pad so he walks directly on the skin over the bones, which is extremely painful," said WHS veterinarian Dr. Erika Anseeuw.

"There is an intact ankle joint, which is fortunate because a brace can be attached to it. Given his small size and friendly disposition, he should adapt with ease."

Although the WHS sees about four cases needing orthopedic surgery every month, this situation was far more severe given the damage.

> **There is an intact ankle joint, which is fortunate.**
> Dr. Erika Anseeuw

Mittens has a foster home temporarily until he's ready for adoption.

Winnipeggers are being encouraged to adopt and foster, not just Mittens, but many of the other animals in need of care, too.

The WHS recently put out a plea for financial help after a burst pipe led to a $32,000 water bill from the city.

The non-profit said without help it would not be able to balance its books for the 2015 fiscal year.

It also said it was a victim of its own success, Adoptions were up by nearly 1,000 animals over last year but, as each adoption is subsidized, the WHS ended up more in the red than before. METRO

REFERENDUM

High-end surtax pondered

Manitoba Premier Greg Selinger is considering a surtax on high-income earners and feels no longer bound by a provincial law that would require a referendum on major tax changes.

Selinger says no final decision has been made, but he has been "looking at" high-income tax rates that have been implemented in Alberta, Ontario and federally under Prime Minister Justin Trudeau.

"I note many jurisdictions have implemented a surtax already across the country — both east and west of us," Selinger said in a year-end interview with The Canadian Press.

"There's different options that have been started to be proposed. We're working our way through this consideration right now."

Alberta's NDP government has replaced the province's flat 10 per cent income tax rate with a series of higher income tax brackets for people earning more than $125,000 annually. As of next year, the top bracket — those earning more than $300,000 — will reach 15 per cent rates.

Manitoba's current top tax rate is 17 per cent and kicks in at $67,000.

Selinger said it is too early to discuss details, such as at what level a surtax might apply and the rate. He also suggested that if a surtax is implemented, it would be at least partially offset by cuts to middle and lower income taxes.

"We're always interested in making life more affordable for middle-class and working families in Manitoba. That's important."

Selinger ran into public anger in 2013 when he raised the provincial sales tax to eight per cent from seven.
THE CANADIAN PRESS

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Native ed officially a priority

BLUEPRINT

Manitoba schools sign agreement on topics, support

Braeden Jones
Metro | Winnipeg

The leaders of Manitoba's public schools and post-secondary institutions put pen to paper to support a blueprint for indigenous education in the province.

University of Manitoba president David Barnard said the document "clearly identifies indigenous education as a priority."

The signees committed to advance reconciliation, bring indigenous traditions into the curriculum, increase access to supports for indigenous students and celebrate their successes, among several other adopted recommendations.

The new agreement was established in the wake of recommendations brought forth by the Truth and Reconciliation Commission.

Anette Trimbee, president of the University of Winnipeg, and David Barnard, president of the University of Manitoba, sign the Manitoba Collaborative Indigenous Education Blueprint for Universities, Colleges and Public School Boards. BRAEDEN JONES/METRO

Harry Bone, an elder of the Ojibway Nation, said the blueprint honours "the original spirit" of past treaties.

"I see words like reconciliation, indigenous education, intellectual traditions, and research in the languages of our people," he said, and thanked the educators gathered for the blueprint "for the good of all people."

> **We heard about the damages that were done.**
> Wab Kinew, of the University of Winnipeg

The ceremonial signing held at the U of M's Bald Eagle Lodge Friday was co-emcee'd by Wab Kinew, the University of Winnipeg's associate vice-president of indigenous affairs. He said the day was a meaningful response to the "calls to action" heard earlier this week when the final report of the Truth and Reconciliation Commission of Canada was presented.

"We heard about the damages that were done to indigenous peoples, to First Nations peoples, (and) also to Métis peoples through that era," he said, adding the response from Manitoba's educational institutions sets "a different tone."

Jenna Lynn McIver, a student at the Manitoba Institute of Trades and Technology, said she was pleased to see recognition for the need to increase access to support for indigenous students.

McIver, 28, shared her story of a false start in post-secondary education, having dropped out of a different program before following her passion in small engines in MITT's motosports program.

She said she was ill-prepared for the jump to post secondary, and celebrated the blueprint for ensuring "learning environments (will be) established that foster learner's success."

FIRST NATIONS

Group to buy port, rail line

A troubled rail line and port in northern Manitoba may be sold to a group of First Nations communities in the area.

Denver-based OmniTrax says it has accepted a letter of intent from the group over the sale of the Port of Churchill and the Hudson Bay rail line.

The company says there's a 45-day period of due diligence before a sale can be completed, and the federal and provincial governments will be asked to support the group buying the assets.

OmniTrax took over the port and rail line in 1997.

Churchill is Canada's only deep-water northern port and relies heavily on grain shipments from western farmers.

Those grain shipments were less than half the normal 500,000 tonnes this year, which prompted OmniTrax to look for a new owner.

The northern rail line has been plagued by derailments that have forced the suspension of both freight and passenger services. THE CANADIAN PRESS

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New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping $5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet individual investors are asking, "Can I still find good deals in U.S. property?" The answer is an emphatic YES.

Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.

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Centres help Manitoba mothers keep their kids

CHILD WELFARE

With 10,000 wards in care, province seeks alternatives

When Angeline Spence got pregnant at 17, she was determined her child wouldn't end up being one of Manitoba's 10,000 kids in care.

Spence was taken from her parents when she was eight. She became a permanent ward of Child and Family Services, separated from her siblings, her extended family and her indigenous culture.

"My main goal growing up was not ever having my child go through that ... to try to get out of that cycle of my kids being in care," Spence said.

She was lucky enough to get into a program run by Winnipeg's Ma Mawi Wi Itata centre, where a case worker brought her social worker, friend and her baby's father's family together to work out a support plan.

Spence lived in supported housing while she finished school before coming back to work for Ma Mawi Wi Itata to help other young mothers keep their children from becoming wards of the province.

Manitoba has among the highest number of children in care in Canada. Statistics show the province seizes an average of one newborn baby each day. The vast majority are indigenous.

In the face of such daunting numbers, indigenous people are offering their own solutions to try to keep their children out of the system.

Ma Mawi Wi Itata runs two family group conferencing programs – based on a model from the Maori in New Zealand – that place indigenous children in care in specialized, culturally appropriate foster homes.

Their parents are brought together with child welfare workers, family members, addictions counsellors and others who can help address the reasons why the children have been apprehended.

Executive director Diane Redsky said the vast majority of children in care are seized because of poverty masked as neglect.

Sometimes the solution is as simple as buying a family a washer and dryer and providing some extra food bank donations.

> **My main goal growing up was ... to try to get out of that cycle of my kids being in care.**
> Angeline Spence, a mother, former client, and current employee of the Ma Mawi Wi Itata Centre

Angeline Spence at her home in Winnipeg, Sunday. When Spence became pregnant at 17, she was determined to keep her child out of provincial care. DAVID LIPNOWSKI/THE CANADIAN PRESS

Other times, working out a plan is more complicated.

Through it all, the children in care maintain contact with their parents and extended family.

"The bond between family and child hasn't been broken," Redsky said. "There's little disruption for the kids."

It costs about $500,000 to run two of the programs, but Redsky estimates they save child welfare well over twice that annually. Of the 62 kids one program worked with last year, all but 13 stayed out of the system.

The centre wants to expand and work with families before their children are taken into care. The problem, Redsky said, is that funding only starts to flow once children are officially seized.

Manitoba's NDP government has said it's shifting focus from apprehension toward prevention. Family Services Minister Kerri Irvin-Ross recently announced the province will give First Nations greater control over caring for their children as an alternative to formal apprehension.

She said programs like the one run by Ma Mawi Wi Itata are a vital part of the endeavour, but it's up to individual agencies to decide whether to use their funding to support them, and it isn't happening as much as she'd like.

> **It saves spirits and it saves money.**
> Diane Redsky, executive director, Winnipeg's Ma Mawi Wi Itata Centre

Although the agencies' funding is partly contingent on the number of kids in care, leaving decisions to them is "not a conflict of interest," said Irvin-Ross. "Our primary goal is to keep kids out of care." THE CANADIAN PRESS

ENVIRONMENT

Snowfall may save rare bug

Scientists are hoping a recent heavy snowfall can hold off what may be extinction for one of Canada's most endangered animals.

Last week's dump left 19 centimetres of white stuff on the southern grasslands and may have provided enough of a fluffy blanket for the poweshiek skipperling butterfly to get through the winter.

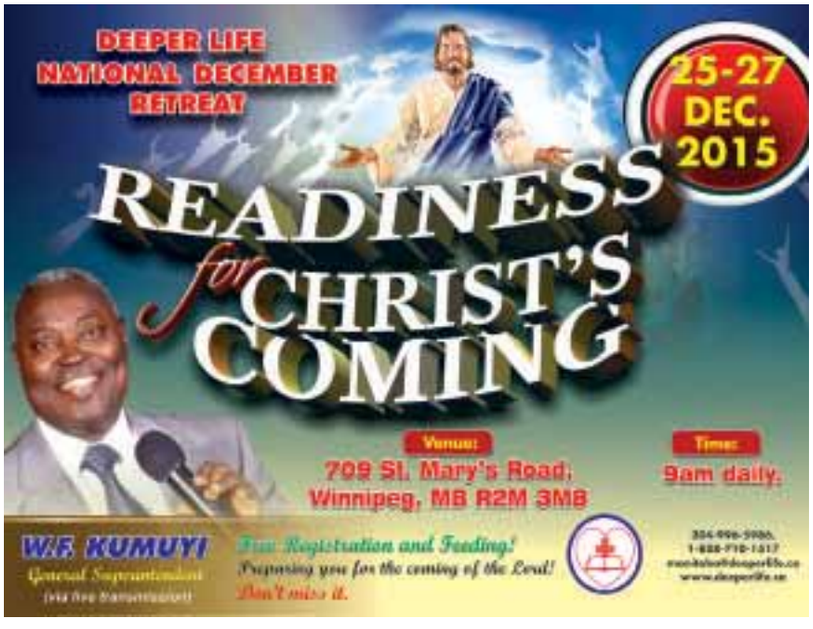
"That definitely alleviates some of the stress," said Cary Hamel of the Nature Conservancy of Canada. "That snow is one of the major reasons they can survive over our very harsh winters."

Skipperlings — an unassuming, orange-and-brown butterfly the size of a loonie — once fluttered widely over the tallgrass prairie of southern Manitoba and the central U.S., so common surveyors wouldn't bother to count it. Then, something happened.

"Since 2001, it's just been blinking out at site after site after site," said Hamel. "Five, six, seven years later they still haven't seen it. And in some of the sites where they're hanging on, they're only seeing one or two or three or 10."

A 2015 survey found about three dozen adult skipperlings in Manitoba, and not many more in the U.S. What's going on?

"We don't know," Hamel said. "Lots of people are working on the sites where they're still hanging on, trying to figure out what the commonalities are and what's going on with the sites where they've disappeared." THE CANADIAN PRESS



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Government House in St. John's. CONTRIBUTED

Victoria's Government House CONTRIBUTED

Gov.-Gen. David Johnston at La Citadelle. CONTRIBUTED

Stornoway COLOURPIX.COM/ TORSTAR NEWS SERVICE

Take up residence

HERITAGE

The stories behind some of Canada's historic homes

Prime Minister Justin Trudeau's first post-election decision was to leave 24 Sussex Drive vacant so that the aging official residence in Ottawa can undergo critical renovations.

It's a historic home — all the more so because Trudeau grew up there and will likely move back in before the end of his four-year term. But it is just one of the nation's official residences, each of which holds pieces of Canada's heritage.

1 Government House

St. John's

One of the oldest official residences in Canada, the two-storey red sandstone building was built for Sir Thomas Cochrane, as a condition of his appointment as Governor of Newfoundland. Government House has served as the home of the province's lieutenant governor since the province became a part of Canada in 1949. It cost $746,800 to run in 2013-14.

SOURCE: 2014 NEWFOUNDLAND BUDGET

2 Government House

Victoria, B.C.

The current building opened in 1959 after fires destroyed the two previous residences of the province's lieutenant governors in 1899 and 1957. The estate has served as the home of the Queen's representative since B.C. joined confederation in 1871. Total annual cost last year was $1.328 million.

SOURCE: 2014 ANNUAL STATEMENT OF THE LIEUTENANT GOVERNOR OF BRITISH COLUMBIA

3 La Citadelle

Quebec City

Few of Canada's official residences better embody the occupant's official symbolic function than La Citadelle, the star-shaped military fortress built between 1820 and 1832. Costs for 2014 to 2015 totalled $746,122.

SOURCE: PUBLIC WORKS AND GOVERNMENT SERVICES CANADA

4 Stornoway

Ottawa

The official residence of the Leader of the Official Opposition, Stornoway was built in 1913. During the Second World War when it served as the home of the Dutch heir to the throne, Princess Juliana and her family, who went into exile after the Nazi invasion of 1940. Stornoway was taken over by the federal government in 1970 and has annual costs of $54,715.

SOURCE: NATIONAL CAPITAL COMMISSION TORSTAR NEWS SERVICE

INFRASTRUCTURE

Cities to tame expressways

It was a mid-century effort to launch Vancouver into the modern age — an elevated roadway made up of tonnes of concrete cutting through the city's shiny downtown core to serve the almighty automobile.

The failed attempt ultimately became a saving grace.

After the colossal Georgia Viaduct was built in 1972, a grassroots uproar stopped the construction of what would have been a multi-lane expressway.

The City of Vancouver voted last month to tear down the twinned bridge while discussion continues over construction of a new street network below it.

Other Canadian cities, such as Halifax and Toronto, are also contending with their own white elephants of infrastructure — vestiges of the freeway-building craze in vogue during the 1960s and 1970s that inspired public uprisings.

Vancouver's former chief planner Brent Toderian said that as cities such as Vancouver re-imagine their downtown spaces, they face "possibly the most powerful city-making moments in the Canadian urban landscape."

"These opportunities are too important to squander with even an average result," he said. "It starts with tearing them down." THE CANADIAN PRESS

IN BRIEF

Defence minister visits Iraq, reports say

Canada's defence minister is visiting Iraq, just days after Canadian military forces helped push back a major Islamic State of Iraq and the Levant (ISIL) offensive on Thursday.

Kurdish media reported that Harjit Sajjan spent Sunday in the town of Irbil meeting with Kurdish officials.

THE CANADIAN PRESS

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INDIA

Protesters decry rapist's release

A man convicted as a juvenile in the fatal 2012 gang rape of a young woman aboard a moving bus in India's capital ended his three-year term in a reform home Sunday, as angry protesters demanded that he remain in detention.

The man was short of his 18th birthday when he and five others brutally attacked the 23-year-old woman in a case that shocked India.

Several activists and politicians have demanded that he not be released until it can be proven that he has been reformed.

On Friday, the Delhi High Court rejected a petition to extend the man's term. The man was moved Sunday from the reform home where he had been kept to a new home under the care of a children's rights group.

In December of 2012, the woman and a male friend were returning home from seeing a movie when they were tricked by the attackers into getting on the bus, which the men had taken out for a joyride.

The attackers beat the victim's friend and raped her. They penetrated her with a rod, leaving severe injuries that led to her death two weeks later.

The case ignited a debate about whether minors who commit especially horrific crimes should be tried as adults.

THE ASSOCIATED PRESS

Students shout slogans in protest against the juvenile's release.
TSERING TOPGYAL/ THE ASSOCIATED PRESS

IN BRIEF

Spain's ruling party wins

An exit poll projects that Spain's ruling Popular Party has won the general election but is shy of the votes it needs for a majority. A poll for the state-owned RTVE channel gave the Popular Party 26.8 per cent of the vote. Turnout was 58.4 per cent. THE ASSOCIATED PRESS

Southern China landslide leaves 27 people missing

A landslide at an industrial park in the southern Chinese city of Shenzhen on Sunday buried buildings and left 27 people missing, authorities said. Seven people were rescued, but 21 men and six women were unaccounted for. THE ASSOCIATED PRESS

Passengers who were on board the Air France plane forced to land in Mombasa, Kenya, react after they were officially informed of the bomb scare. THE ASSOCIATED PRESS

Bomb scare grounds Air France jet in Kenya

SAFETY

Fourth hoax in recent weeks for the airline

A fake explosive rigged with cardboard, sheets of paper and a household timer forced an Air France flight carrying 459 passengers and 14 crew members into an emergency landing in Kenya on Sunday, sending passengers down emergency slides in what the airline's CEO said was the fourth bomb hoax against the airline in recent weeks.

The Boeing 777 was heading to Charles de Gaulle airport in Paris from the island of Mauritius when its pilots requested an emergency landing early Sunday at Kenya's coastal city of Mombasa.

The homemade apparatus was discovered at midnight hidden in a washroom cabinet where it was placed during the approximately 11-hour flight, said the airline's CEO, Frederic Gagey.

He congratulated the crew for their cool-headed reaction. Passengers were also impressed.

"They keep everybody calm," said Benoit Lucchini.

Six passengers were being questioned, including the person who informed the crew about the device, said a Kenyan police official.

> **This is behaviour that for me is criminal. It sows doubt, it disrupts our operations, it inconveniences passengers.**
> Frederic Gagey, Air France CEO

Two Air France flights from the U.S. to Paris were diverted on Nov. 17 after bomb threats were received. No bombs were found on the planes from Los Angeles and Washington. Air France officials said the third hoax was on a Dec. 8 flight from San Francisco to Paris. Gagey decried the hoaxes.

"This is behaviour that for me is criminal. It sows doubt, it disrupts our operations, it inconveniences passengers, and obviously each time we can get information about those who are responsible for these extremely bad jokes, pardon the expression, we file a legal complaint," Gagey said.

"We find this behaviour stupid, damaging and unacceptable."

THE ASSOCIATED PRESS

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The rising flow of Syrian refugees

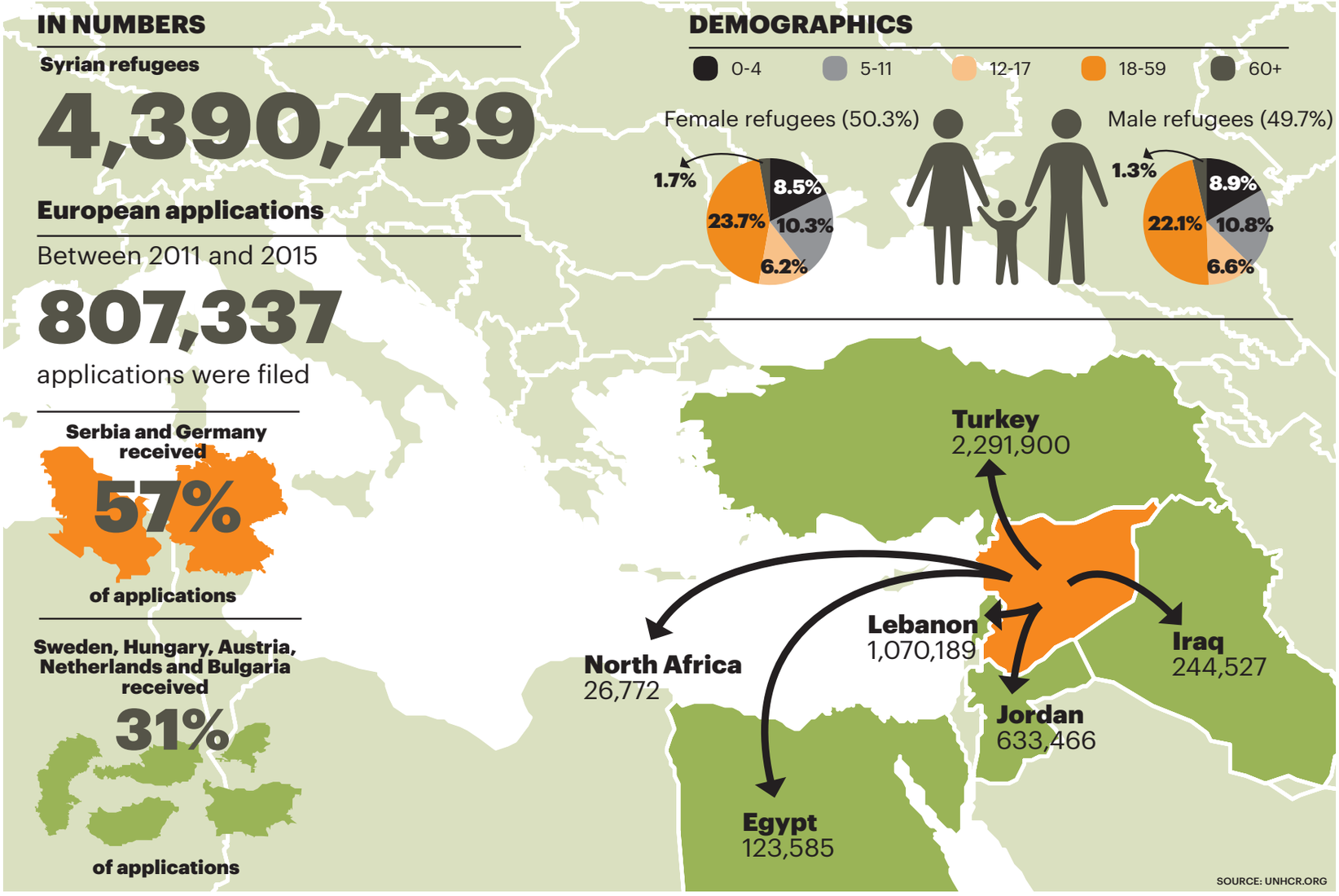
With hundreds of thousands killed, millions internally displaced and millions more fleeing war-torn Syria, the mounting refugee crisis has been called the largest in recent history. But who is most likely to flee their home country? And where are they going instead? The numbers tell a harrowing tale.

METRO

LATE NEWS

Canada's minister of immigration and citizenship, John McCallum, says the country's resettlement program for Syrian refugees could double its intake by the end of 2016 to 50,000.

THE ASSOCIATED PRESS



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Growth is top of list

FINANCE MINISTERS

Morneau to discuss Liberal promises at Ottawa talks

Provincial and territorial finance ministers, meeting in Ottawa with federal counterpart Bill Morneau, hope to come away with a better understanding of the government's election promises, which touch on a broad range of issues likely to impact the provinces.

The agenda includes Liberal promises of public-pension reform, infrastructure spending and a revamped child-benefit plan. But with the country's economy struggling to rebound from the negative effects of low commodity prices, there's an overarching theme Morneau says he would like to focus on.

"The main subject I'd like to talk about is growth," he said recently when asked about the meeting.

"We will be spending time talking about infrastructure and how we can best make infrastructure investments together with the provinces. And as I said, we're going to talk about Canada Pension Plan enhancement and how we might be able to work together in that regard."

The Liberals also pledged to provide billions of dollars worth of funding for the provinces, territories and municipalities for infrastructure projects such as public transit. The party argues that such investments are crucial to firing up Canada's weakened economy and to creating jobs.

While it may not appear on the official agenda, Morneau is expected to field questions about health care and the need to grapple with its mounting costs. THE CANADIAN PRESS

We will be spending time talking about infrastructure and how we can best make infrastructure investments together with the provinces.

Bill Morneau

HOLIDAY TRADITION

LOBSTER EXPORTS TO EUROPE PLUNGE Live lobsters are packed at the Maine Lobster Outlet in York, Maine, for shipment to Europe where they are a Christmas tradition in several countries. But a strong U.S. dollar and a less-than-festive economy overseas mean fewer lobsters are making it onto European tables. Lobster's status as a luxury item, coupled with rising prices because of competition from Chinese importers and a weak euro, is motivating some consumers to stay away — even if they can afford it. Some in the American lobster industry suspect European business will be off more than 25 per cent this year. Exporters started shipping large amounts of lobster to Europe in the early 1980s, but it has been a popular food item on the continent for centuries.

THE ASSOCIATED PRESS

PERSONAL FINANCE

Income tax rules changing for some

The tax rules are changing in 2016 and even if Canadians don't make enough to be hit by the new top federal income tax rate, their financial plans are going to need to be reviewed.

The vast majority of Canadians will not be affected by the new tax bracket for income over $200,000 a year, but everyone will see their tax-free savings account contribution limit be reduced back to $5,500 for 2016.

Combined with the new lower tax rate for income between $45,282 and $90,563, even those who aren't in the top one per cent of income-earners should take a look at their finances to ensure they're on track.

Peter Bowen, vice-president of tax and retirement research and solutions at Fidelity Investments, says for many people this might be the most important tax planning season they've ever had.

What you need to do depends on your tax bracket - and with the wider range of brackets now, that means planning is more complex.

For those in the bracket that is seeing the rate cut, Bowen says to be sure to claim the deduction against your 2015 income to maximize its value if you're planning on making an RRSP contribution. However, those who make more than $200,000 may want to delay claiming their RRSP contributions until 2016 due to the higher rate set to take affect.

Tax-free savings limit being scaled back. ISTOCK.COM

THE CANADIAN PRESS

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metro VIEWS

Your essential daily news

Monday, December 21, 2015

That's barking
A new biophysics study explains why dogs can't drink without making a mess (it has to do with the surface area of their tongues).

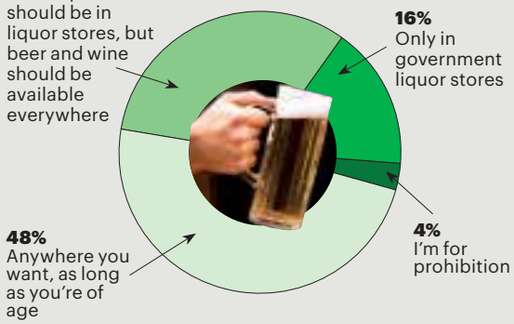
Metro MONDAY POLL

Liberalizing liquor

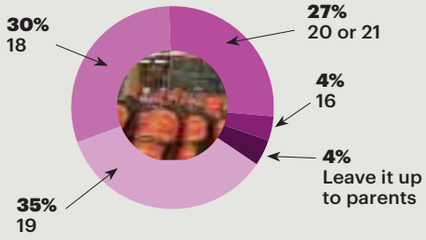
Visit metronews.ca **every Friday to have your say.**

In the past week, Ontario took a few cautious steps towards liberalizing alcohol sales in the province; allowing beer to be sold in select grocery stores. But worries about the effect of alcohol on public morals have persisted for a century or more, and the Ontario Public Service Employees' Union has expressed concerns that easily available beer and wine will increase violence against women. We asked our readers from all provinces if they want to be able to buy alcohol anywhere, or if they're for temperance or even T-total prohibition.

1 Where should you be allowed to buy alcohol?


32%
Hard liquor should be in liquor stores, but beer and wine should be available everywhere
16%
Only in government liquor stores
48%
Anywhere you want, as long as you're of age
4%
I'm for prohibition

2 What should the drinking age be?



3 What are your concerns about alcohol being sold in commercial stores?

32% It will be easier for minors to get alcohol
15% It will reduce tax revenue
15% It will be hard for people who are trying to stay sober
10% It will increase violence or crime
28% Other

It should be sold wherever it can be, but I am in favour of stricter warning labels about the health effects.

The system works well already. Why the need for change?

If teenagers want booze, they'll get booze. We did!

The store could be accountable for giving alcohol to someone who is underage or already inebriated.

WE ASKED Metro readers

Not so fast with the self-congratulation, Canada

INSIDE THE PERIMETER

Shannon VanRaes

The wind and snow might have been howling when the Daas and Albakar families landed at Winnipeg's James Richardson International Airport this Saturday, but the reception they received could have warmed any heart.

The 17 Syrian refuges — now permanent residents of Canada — were engulfed by well-wishers as they made their way off airport escalators. Sponsors, officials, members of the public, media and a drum group from Roseau River First Nation, greeted the families, asking questions, offering hugs, gifts and tuques as they waited to claim suitcases filled with the remnants of a past life.

We should be very proud of the work being done to give families new lives. More importantly, we must be vigilant.

As they collected their scant belongings, family members spoke about finally feeling safe and expressed relief at having arrived in Canada.

It is cliché to say it, but it made me feel proud to be Canadian. I felt proud that our government, our community leaders, our friends and neighbours had opened their doors and hearts to people in need of a place to call home.

And then I felt embarrassed.

I was embarrassed that for a moment I'd allowed myself to equate this wonderful moment of compassion and generosity with what it means to be Canadian.

It's easy to get caught up in such wonderful event — who doesn't want to believe that Canada is warm and benevolent, a country that opens its doors to the world with love and tolerance? But the truth is that Canada has not always been a warm and welcoming place. Our nation's history is fraught with episodes of abuse, suspicion and racism.

From the Chinese head tax, to Indian Residential Schools, to the internment of Canadians of Japanese, German, Ukrainian, Bulgarian, Turkish and Italian decent, Canada's history doesn't always match the international persona we wish to project.

The truth is that Canada's generosity and benevolence is precarious. The wedge that holds Canada's door open to the world is a fragile one.

It took great political will, public demands, personal commitment and the photo of a dead child on a Turkish beach to spur the kind of action it took to bring the Daas and Albakar families to Canada. And you don't have to look far to find the kind of hateful opposition to refugees that we'd sooner equate with our neighbours to the south. Fear and prejudice is real.

I'm not saying we shouldn't be proud of Canada's efforts to bring Syrian refugees to our shores. We should be very proud of the good work being done to give families new lives and new opportunities.

But more importunity, we must be aware of the past so we don't repeat it.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. She can be reached on Twitter @ShannonVanRaes.

metroview

The remedy for Christmas heartbreak is Christmas itself

Michael Coren
For Metro

In a handful of anticipation-soaked days, those of who are Christian will celebrate the birth of the Son of God. Whether it was in a stable and precisely when it happened is not the point. No, the first issue is that for those of who believe, the birth of Christ changed everything. The second is what should that mean for those who aren't Christian?

It breaks my heart that Christians are so often perceived — entirely understandably — not as followers of the Prince of Peace and He who personified love but as angry reactionaries obsessed with right-wing politics and obscure issues rather than with spreading joy.

Breaks my heart when I see Republican candidates, most of them insisting they are devout Christians, boasting how many bombs they will drop, how many people they will kill and dismissing child casualties as collateral damage.

Breaks my heart when I see Canadian Christians shouting hysterically about abortion, spreading falsehoods about vitally necessary sex education curricula and opposing gay equality. By the way, some of the finest Christians I have ever met have been gay, because they have felt the sting of persecution.

Whatever your religion or lack of it, the sense of goodwill is impossible to avoid.

They have shared in Christ's torment.

Breaks my heart when I hear extreme Christian leaders arguing that refugees should be blocked from entering North America, claiming that social justice and redistribution of wealth have nothing to do with the faith or demanding less gun control and more expenditure on the military.

If it breaks this pathetic heart, what does it do to He whose birth we are about to remember, and who demanded that we turn the other cheek, love our enemy and embrace our oppressor?

Jesus turned the world upside down. In defeat is victory, in poverty is wealth, in suffering is contentment and in humility is glory. His words were so transforming that they make the manifestos of the secular revolutionaries appear placid and passive.

For the non-Christian, Christmas is a time to reboot, relax, embrace family, perhaps consider what you believe — or don't believe — through the prism of this winter festival. Whatever your religion or lack of it, the sense of goodwill is impossible to avoid, and that's sparkling in its rarity. For me, however, I will bend the knee, pray thanks and ask forgiveness. My heart may be broken, but there is one who can fix it. For all of us. Merry Christmas.

metro
Your essential daily news

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Your essential daily news

Real Housewives' star Teresa Giudice to be freed from prison before Christmas

The funny thing about disease is ...

PODCAST

Haligonians tackle stigma with humour

Jeremie Saunders has the kind of rock hard abs gym rats would kill for.

He doesn't work out.

"It's because I cough so much," said Saunders, who lives with cystic fibrosis. "There's all these perks to CF. It's the worst disease. It's so awful. It's such a bummer. But. ... I have a really killer six pack."

It's this ability to see the positive in a brutal illness that has made Saunders and his two buddies, Taylor MacGillivary and Brian Stever, the popular hosts of a boundary-pushing new podcast, called Sickboy. Episodes take on the sentiment of Saunders' own devil-may-care approach to sickness as the Halifax trio tackle everything from anorexia to cancer to PTSD. They post one episode a week featuring interviews with subjects who alternate between bursts of laughter and heartfelt confessions.

"We're just kind of exploring and looking for the humour in an otherwise dark situation," said Saunders, a 27-year-old actor and yoga teacher, in a phone interview. "What we are laughing at is the absurdity of illness."

And they don't sugarcoat it.

The first episode details one of Saunders most embarrassing experiences as a teen.

"I remember coming in to do this barium enema and I've got the most gorgeous doctor," he recalls. "I was like oh my God this is amazing… until she pulls out this giant tube with a balloon attached to it. And then she has to stick that thing up my butt."

Brian Stever, left, Jeremie Saunders and Taylor MacGillivary are the hosts of the Sickboy Podcast. Saunders has cystic fibrosis and put together a show that takes a lighthearted approach to talking about the disease. TIM KROCHAK/FOR TORSTAR NEWS SERVICE

He goes on to detail the unfortunate experience of walking to the washroom with fluid leaking from his anus… all the while he and his co-hosts laugh uncontrollably.

Today, Saunders calls this humour his "therapy." But he hasn't always been so eager to open up. As a teen, he was ashamed of the disease that gave him uncontrollable coughing fits and forced him to take pills every time he ate. He felt weird and acted out by refusing to take his medication — a move that sometimes landed him in the hospital.

> **"We don't have the same comfort level with illness as we do with other social topics. People panic."**
> Andrew Henderson, Sickboy Podcast guest

Coupled with that was a number hanging over his head. Doctors told his parents he wouldn't live to see 25. Today, the median age for Canadians living with CF is around 50. The podcast has risen from small potato beginnings. They recorded the first podcast in a Halifax library on a whim back in June and launched a Kickstarter campaign that netted $13,000, helping them build a recording studio at Stever's home. Sickboy garnered 25,000 downloads in 90 days and was named one of iTunes best of 2015 Canadian podcasts.

One of their guests was Andrew Henderson, a 27-year-old who lives with lymphoblastic lymphoma.

"You rarely hear this young voice… talking about illness in a fun, positive way," said Henderson, who brought a bottle of champagne to the Toronto interview. "I just want a pamphlet that says, 'Live your f—ing life. Go to the club, party.'"

Henderson has the same blunt, humorous approach to disease as the Sickboy guys do.

When he stops joking about cancer, it wins, he said. But he also understands the podcast might be hard for otherwise healthy people to listen to.

"We don't have the same comfort level with illness as we do with other social topics. People panic," Henderson says, thinking of the times he shared his diagnosis with friends. "What I got a lot of the time was pity, which is really isolating."

That fear around conversations about illness is exactly what Saunders, MacGillivary and Stever hope to tear down. It's the reason why they don't sidestep personal questions, censor swearing or edit out the numerous male genitalia jokes.

"We want to eliminate the awkwardness and discomfort that sometimes comes with speaking about illness. It just adds to stigma and shame and embarrassment," Saunders says.

They respect that not everyone who's sick is going to be ready to joke — and they're adamant that they recognize the seriousness of disease — but they see more benefit in tackling tough issues with infectious laughter than they do in avoiding talking about sensitive subjects.

Indeed, healthcare experts say there are measurable benefits to adopting a positive attitude, both physiologically and psychologically. People who have positive emotions tend to have lower blood pressure, less stress and better sleep, experts say.

And if that attitude seems entirely out of reach for someone who's sick, "change it up," advises Saunders. Read a different book, listen to different music or watch a new TV show — it's better than the alternative, he said.

"You can choose to be taken down and dragged down because of your circumstances and that's a really easy route," Saunders said. "But there's something so much more liberating in trying to find the humour in that dark situation."

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When retail therapy becomes addiction

SHOP TILL YOU DROP

Some brains hard-wired for the ka-ching, research shows

Lisa Monks would shop mostly when she felt lonely. "It filled that void," she says. Instead of sitting at home alone and miserable, she would hit the malls and chat up friendly sales clerks. "It was an escape from reality," she says. Finding that perfect outfit that made her feel pretty would make her euphoric. "I'd be excited and couldn't wait to wear it," the 49-year-old says. "I became addicted to the feeling."

But the bliss of buying didn't last for long. "There was buyer's remorse when I came home and looked at all the dresses in my closet. I'd feel guilty," Monks says.

Shopping addiction is a serious problem in North America, according to consumer psychologist Scott Rick at the University of Michigan's Ross School of Business. Some psychologists estimate the condition occurs in 6 per cent of the population — and it's probably on the rise, affecting slightly more women than men, he says.

"It's never been easier to shop," he says.

Online stores are always open. People shop on their mobile phones while on the GO Train. And those 1-800 numbers are always beckoning … not to mention the sales.

Luckily, scientists are beginning to decode the disorder. The brains of compulsive shoppers are wired differently than most people's, says neuroscientist Joseph Ciorciari, acting director of the Brain and Psychological Sciences Department of Swinburne University of Technology in Australia.

In a study published last year, Ciorciari and colleagues attached compulsive buyers and normal consumers to brain scanning (EEG) machines while they "shopped" for virtual items.

The study shows that compulsive shopping can't be dismissed as innocent "retail therapy." The brains of shopping addicts are wired for the hunt. "They always want to have this feel-good sentiment," says Ciorciari. And that constant craving is a hallmark of addiction.

MAXED OUT

Lisa Monks' life spiralled downhill with each new purchase. "The harder I try and nothing is working, the more I feel I deserve to have nice stuff," she says.

Lisa Monks is a shopaholic who has worked past her retail addiction. TORSTAR NEWS SERVICE

He found that the pleasure pathways in the brain lit up when they made purchases. The feel-good chemical dopamine, which is released in these reward circuits in response to good sex or a tasty meal, counteracts sadness and gives you the illusion of control when you're feeling lost.

The problem is that the excitement of buying doesn't last. Shoppers experience withdrawal symptoms just like any other addicts. Within minutes of spending, they regret their purchases. "This drives even more compulsive behaviour," says Samuel Waldner, an addictions counsellor in private practice in Toronto. Eventually this repetitive destructive pattern can lead to bankruptcy, broken relationships, and even suicide, he says.

Monks maxed out the "insanely high" limit on her credit card. She alienated her boyfriend, who disapproved of the buying. It wasn't until her father died and she had to help her aging mother pay off her mortgage that reality set in. Monks realized she needed help.

Therapists treating shopping addiction focus clients' awareness on the toll of purchases. Waldner helps clients stop spending by giving them lists of their behaviour's bad effects that they can pull out when temptation strikes.

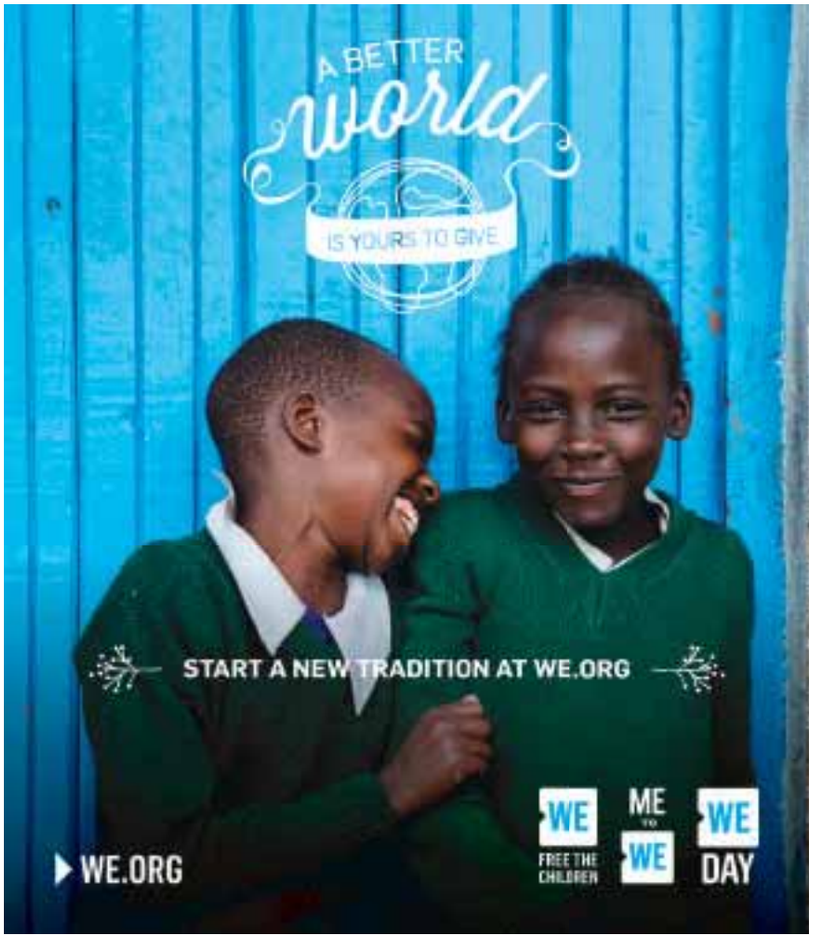
He encourages clients to throw themselves into gratifying artistic pursuits — painting, writing or photography — as substitutes.

Monks realized she'd have to find creative alternatives to feel good. She began reading books, worked out until she was exhausted and spent more time hanging out with her friends. She wrote a book about relationships, and has recently landed a blog on the Huffington Post.

While she still occasionally splurges on a dress, these lapses are only momentary. "Shopping doesn't make me happy," she says. "It's a good feeling when you've done something positive and you're working towards a goal," says Monks.

Best of all, she's out of debt and has faith in the future. "For the first time I feel like I have hope," she says.

TORSTAR NEWS SERVICE



No purchase necessary. One entry per person, per day. Contest open to residents of the cities of Calgary and Edmonton, AB, Ottawa, ON and Winnipeg, MB, who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Twenty (20) prizes are available to be won in each city, each consisting of a double Run of Engagement movie pass to "The Hateful Eight." Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on December 14, 2015 and closes at 11:59 pm ET on December 21, 2015. To enter and for complete contest rules visit www.clubmetro.com.

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Jonesing for Jessica's soul

THE SHOW: Jessica Jones (Netflix) Season 1 Episode 2
THE MOMENT: The Smile

Krysten Ritter as the eponymous Jessica Jones and Mike Colter as Luke Cage. CONTRIBUTED

Secret superhero-turned-private eye Jessica Jones (Krysten Ritter) has a confession to make. She's been sleeping with her handsome neighbourhood bartender, Luke Cage (Mike Colter). But tonight she has to tell him the truth: She's also been tailing him for a client. They face one another in his dimly lit bar.

"So the night you came to my place, that was part of this job?" he asks, angry and hurt.

"I shouldn't have done that," she replies, looking at him steadily.

"Because it's messed up? Or because you got caught?" he asks.

"Both," she answers.

"Get out of here," he growls. "Stay the hell away from me."

She wants to say more. But she turns on her heel and goes.

Ritter's delivery of that single syllable, "Both," is an example of what makes her, and this show, so terrific. She says it with a small smile. It's just a flash, but it communicates volumes: She's embarrassed and sheepish. She's trying to appear tough. She likes him, and she likes him for asking the question. But if you blink, you miss it all.

Part of the joy of watching a hard-boiled character is catching the tiny moments when she cracks and let you in, and Ritter is a genius at that.

Jessica's superpowers don't make her invulnerable; they simply mean we don't have to worry about her body as she prowls the back alleys of New York's gritty Hell's Kitchen. But we worry about her soul, because Ritter makes us want to.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

RECORD BREAKERS

Latest Star Wars a Force at box office

To say that the force is strong with this one isn't nearly enough.

Studio estimates on Sunday say Star Wars: The Force Awakens brought in a galactic $238 million over the weekend, making it the biggest North American debut of all time.

The Walt Disney Co. earnings destroy the previous opening record set by Jurassic World, which drew $208.8 million this summer.

$120.5 M

Estimated amount the Walt Disney Co. said Star Wars: The Force Awakens made from Thursday night previews and opening day Friday.

A few other movies tried to compete against J.J. Abrams' seventh chapter in George Lucas' space saga.

Almost a galaxy away, the animated Alvin and the Chipmunks: The Road Chip came in second with $14.4 million

In third place, Tina Fey and Amy Poehler's comedy Sisters earned an estimated $13.42 million. A whopping 79 per cent of audiences were female for the R-rated comedy. THE ASSOCIATED PRESS

The Force Awakens sets an opening day record. CONTRIBUTED

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BOSSY

Tina Fey was a mean girl in a former life

Ned Ehrbar
Metro | Hollywood

Watching Mean Girls you might think Tina Fey became an expert in mean girl behaviour by being on the receiving end of it. But you would be wrong. It turns out that Fey herself was a mean girl. Can you believe it?

"I admit it openly," she tells the Edit.

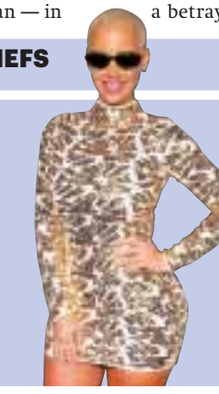
"That was a disease that had to be conquered. It's a bad coping mechanism, but when you feel less than — in high school, everyone feels less than everyone else for different reasons — in your mind it's a way of levelling the playing field. Though of course it's not.

"Saying something terrible about someone else does not actually level the playing field. If I meet a girl of 14 or 15 today who is that kind of girl, I am secretly, in my body, afraid. Even though I'm 45."

She seems to be contrite, but still, this feels like a betrayal, honestly.

GOSSIP BRIEFS

Amber Rose says that, yes, the ass is real



Amber Rose hears all that noise you're making about photos of her in tights that hint at some padding on her infamous rear.

"LOL, I am not wearing booty pads! Damn, y'all all in my ass doe," she wrote on Instagram.

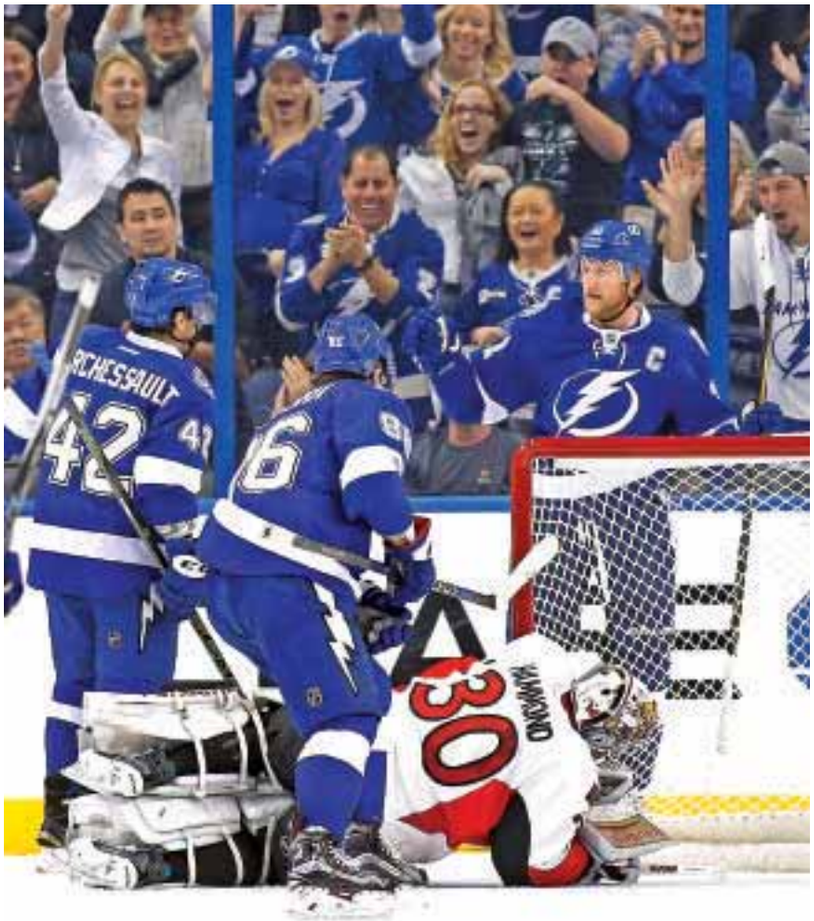
"It's a full-body trainer that has thick lining in it for women's problem areas. I wear it when I work out and it keeps my skin tight and makes me sweat more.

"I would tell y'all where I got it but I'm making my own MUVA, one for u ladies to enjoy. You know I look out for my girls. Stay tuned."

NED EHRBAR/METRO

Sidney Crosby is dealing with a lower-body injury and could miss Pittsburgh's game Monday night against Columbus

Bolts shake up Sens



Lightning centre Steven Stamkos, right, celebrates his goal with teammates in front of Senators goalie Andrew Hammond on Sunday. BRIAN BLANCO/THE ASSOCIATED PRESS

NHL

Angelidis ends goal drought; Stamkos scores pair for Tampa

Mike Angelidis scored his first NHL goal in almost four years and the Tampa Bay Lightning beat the Ottawa Senators 5-2 on Sunday.

The Lightning also got a pair of goals from Steven Stamkos, including one of two late empty-netters. Nikita Nesterov and Alex Killorn had the other Tampa Bay goals.

Tampa Bay defenceman Victor Hedman assisted on Nesterov's goal for his 200th NHL point.

Zack Smith and Erik Karlsson scored for the Senators, who have lost six of their last seven road games.

Angelidis, playing in his second NHL game this season and 12th overall, made it 3-1 at 2:45 of the second period when he beat Andrew Hammond during a goalmouth scramble. It was the second career goal for Angelidis, with the other coming against Columbus on Jan. 24, 2012.

The goal was upheld after a coach's challenge for goalie interference by Ottawa's Dave Cameron. Both teams had a goal during Tampa Bay's three-minute power play stemming from a five-minute interference call on Mark Borowiecki for a hit on Brian Boyle 1:40 into the game.

Boyle's head hit the glass and he also cut his nose. He left the game and didn't return.

Borowiecki also received a game misconduct.

After Smith scored the Senators' eighth short-handed goal this season at 4:20, Nesterov tied it on his first goal in 15 games 63 seconds later.

Stamkos, who stopped a 10-game goal drought in Friday's 5-3 loss at Washington, made it 2-1 at 7:16 of the first while Smith was off for tripping.

Hammond, playing in his second game since returning from a mid-November injury, stopped Valtteri Filppula's backhander on a penalty shot midway through the third.

Karlsson pulled Ottawa to 3-2 on a shot from the blue line that got past goalie Ben Bishop just after a power play ended with 5:32 left in the second.

Killorn and Stamkos had the empty-net goals.

Ottawa winger Bobby Ryan (hand) and defenceman Cody Ceci (upper body) both left with injuries. The Lightning played without a number of injured players, including Tyler Johnson, Ondrej Palat, Cedric Paquette, J.T. Brown and Jonathan Drouin. THE ASSOCIATED PRESS

SUNDAY in Tampa

5	2
LIGHTNING	SENATORS

NHL IN BRIEF

Jagr moves up all-time scoring chart in Panthers' victory over Canucks

Jaromir Jagr scored his 732nd goal to move past Marcel Dionne for fourth place in NHL history, and Aleksander Barkov tallied the winner in the shootout as the Florida Panthers beat the Vancouver Canucks 5-4 on Sunday.

Barkov scored against Jacob Markstrom, who entered the game after Ryan Miller left with an injury after allowing a goal on two shots in the shootout.

Jared McCann scored in the shootout for Vancouver, but Roberto Luongo stopped Sven Baertschi to seal the win. Aaron Ekblad, Vincent Trocheck and Shawn Thornton also scored for the Panthers. Luongo stopped 34 shots. THE ASSOCIATED PRESS

Spooner earns shootout win as Bruins beat Devils

Ryan Spooner scored the lone shootout goal and Jonas Gustavsson made 29 saves to lift the Boston Bruins over the New Jersey Devils 2-1 on Sunday.

Loui Eriksson had a goal in the first period for Boston, which improved to 11-1-3 in its last 15 games and pulled within one point of first-place Montreal in the Atlantic Division.

Andy Greene scored in the second for the Devils, who have managed only five goals in the last five games. They've dropped three straight and four of five. THE ASSOCIATED PRESS

WORLD JUNIORS

Canada cuts four to finalize roster

Montreal Canadiens draft pick Noah Juulsen was among four cuts made by Hockey Canada on Sunday as it finalized its world junior roster in Finland.

Jeremy Lauzon of the QMJHL's Rouyn-Noranda Huskies was the other defenceman cut by Canada.

Jayce Hawryluk of the WHL's Brandon Wheat Kings and Nick Merkley of the Kelowna Rockets were also released by the team.

"We had a really good evaluation period in Toronto and Imatra, and were able to see how the players responded to different situations — from practices to games," said Scott Salmond, VP of hockey operations and national teams for Hockey Canada.

"These are never easy decisions, but we feel confident in the team we have and their ability to make the nation proud."

VS. CZECH REP.

Mackenzie Blackwood recorded the shutout as Canada blanked the Czech Republic 1-0 on Sunday in an exhibition play.

The Canadian roster features three goaltenders, including Calgary Flames draft pick Mason McDonald, MacKenzie Blackwood of the OHL's Barrie Colts and Samuel Montembeault.

Defenceman Joe Hicketts is among those to make the team. He's one of four returnees from last year's team that won gold at the tournament held in Toronto and Montreal. Toronto Maple Leafs prospect Mitch Marner is one of 13 forwards to make the team. Jake Virtanen, who was loaned to Canada from the Vancouver Canucks on Dec. 13, also made the team and is another returnee from last year.

The Canadians open on Boxing Day against the United States. THE CANADIAN PRESS

"These are never easy decisions, but we feel confident in the team we have.

Scott Salmond, VP of hockey operations and national teams for Hockey Canada

Noah Juulsen, drafted by the Canadiens in June, was sent home from Finland on Sunday. GETTY IMAGES FILE

IN BRIEF

Seahawks 30, Browns 13
Russell Wilson threw three touchdown passes, two to Doug Baldwin, and the Seattle Seahawks clinched a playoff spot for the fourth straight season with a home win over the Cleveland Browns.

Patriots 33, Titans 16
Tom Brady threw for two touchdowns to help New England hold onto the top spot in the AFC in a game that saw Titans quarterback Marcus Mariota knocked out of the game with a knee injury in the first half.

Redskins 35, Bills 25
Kirk Cousins equaled his career high with four touchdown passes and ran 13 yards for another score, helping Washington win consecutive games for the first time in more than a year and stay atop the NFC East.

Steelers 34, Broncos 27
Ben Roethlisberger passed for 380 yards and three touchdowns as the Steelers rallied.

Antonio Brown caught 16 passes for 189 yards and two scores as Pittsburgh (9-5) moved into the AFC's second wild-card spot by dominating the NFL's best defence after spotting the Broncos 17-point lead.

THE ASSOCIATED PRESS

Close call casts a shadow

NFL

Carolina goes 14-0 as early lead holds vs. New York rally

Carolina quarterback Cam Newton runs the ball against the Giants on Sunday in East Rutherford, N.J. AL BELLO/GETTY IMAGES

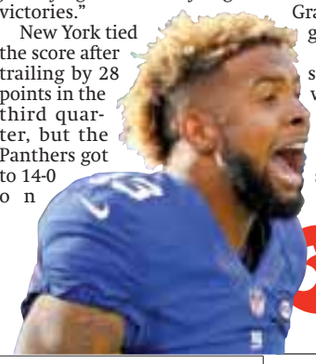
After one of the strangest and nastiest games this NFL season, Cam Newton had an odd feeling.

His Carolina Panthers had just shrugged off a record-tying Giants comeback to remain perfect with a wild 38-35 victory Sunday. Newton, who threw for five touchdowns to further state his case as NFL MVP wasn't quite sure what he'd just been through.

"It was kind of a weird feeling in that locker room, and I'm still feeling kind of weird, but not enough to (not) celebrate," said Newton, who also rushed for 100 yards. "We're just trying to find a way to get victories."

New York tied the score after trailing by 28 points in the third quarter, but the Panthers got to 14-0 on Graham Gano's 43-yard field goal as time expired.

It was Carolina's 18th straight regular-season win. Newton has thrown for 19 touchdowns in the last five games and a career-best 33 in this so-far special season.



He's got the maturity of a little kid.
Carolina safety Josh Norman on Giants receiver Odell Beckham Jr., pictured. Beckham had multiple run-ins with the Panthers Sunday, including a vicious helmet-to-helmet hit on star cornerback Norman.

It looked oh so easy when Carolina led 35-7 with 5:32 left in the third quarter. Then the Giants (6-8) matched San Francisco's 28-point rally — from the same score — against New Orleans in 1980.

One big difference: The 49ers won that game in overtime. The Giants trail Washington by one game in the NFC East, and have lost in the final minutes six times.

Carolina visits Atlanta and hosts Tampa Bay to finish the schedule. All three previous NFL teams to reach 14-0 — Miami in 1972, New England in 2007 and Indianapolis in 2009 — made the Super Bowl. Only the Dolphins won the championship, though.

"These last two games are division opponents, and we'll be in a hostile environment in Atlanta," Newton added. "And we've got a tricky week with Christmas. We just have to find a way to keep moving ahead and make sure we stay on the right side of the pendulum."

THE ASSOCIATED PRESS

SUNDAY At New York

PANTHERS	GIANTS
38	35

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PREMIER LEAGUE

'Big' Reds cut down by Watford

Jurgen Klopp was left wondering how he can get Liverpool winning consistently after his side were emphatically beaten 3-0 by Watford in the Premier League on Sunday.

Two goals in the first 15 minutes from Nathan Ake and Odion Ighalo swiftly established a deserved advantage for Watford, and Ighalo sealed victory with his second strike five minutes from the end at Vicarage Road.

Defeat leaves Liverpool five points behind Tottenham who occupy the fourth and final Champions League berth. Watford, which has now won four consecutive league games, is up to seventh, a point behind Spurs.

"We lost our mind after the first goal, we lost our compact formation," Klopp said.

"Hopefully it is the most disappointing moment in my whole Liverpool FC life from now on. Today was bad."

Elsewhere on Sunday, manager-less Swansea drew 0-0 at home to West Ham at the Liberty Stadium in Wales.

Miguel Angel Britos takes down Liverpool's Christian Benteke on Sunday at Vicarage Road in Watford. IAN WALTON/GETTY IMAGES

Liverpool has produced impressive displays to beat Chelsea, Manchester City and Southampton since Klopp arrived in October, but his side has now not won in the Premier League since beating Swansea on Nov. 29.

"If I could explain this (inconsistency), do you think we would have done it?" Klopp said. "But we will work on it. After Southampton (Liverpool won 6-1) everybody thought 'wow,' but now we saw the other side. I know how strong this team can be but it is my job to help them show it much more often."

THE ASSOCIATED PRESS

IN BRIEF

Blatter, Platini's FIFA fates hang in the balance
Judgment day for Sepp Blatter and Michel Platini dawns Monday when FIFA's ethics court is expected to ban the scandal-scarred soccer body's most powerful leaders.

The FIFA president and his one-time intended successor face being kicked out of the world's most popular sport for at least several years over a $2 million payment Blatter approved for Platini in 2011.

THE ASSOCIATED PRESS

Canadian women's lead evaporates in Brazil
Janine Beckie scored the first goal but host Brazil responded with three of its own, including two from Monica, for a 3-1 victory over Canada on Sunday in the final of the international women's soccer tournament in Natal. THE CANADIAN PRESS

RECIPE Chickpea and Spinach Stew

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Celebrate Meatless Monday with this Spanish-style stew. It will taste even better as leftovers for tomorrow's lunch.

Ready in
Prep time: 30 minutes
Serves 6

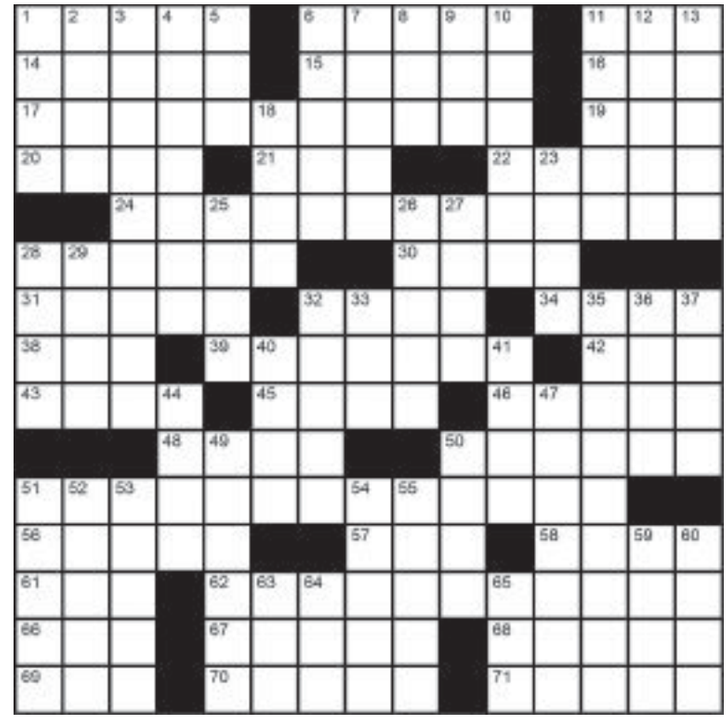
Ingredients
- 2 onions, chopped
- 2 to 3 Tbsp vegetable oil
- 3-inch piece of ginger, grated or minced
- 4 cloves of garlic, minced
- 2 or 3 big handfuls of baby spinach, washed and stems trimmed
- 2 tsp turmeric
- 1 tsp cumin
- 1/2 tsp ground coriander
- 1/2 tsp cayenne (optional)
- 1 x 28 oz can tomatoes
- 1 x 28 oz can of chickpeas
- 1 cup water
- Pinch of salt

Directions
1. Sauté onions and pinch of salt in oil until they are quite soft, about 10 minutes. Add ginger and garlic and stir for about a minute or two. Add spices and cook for another minute.
2. Add chickpeas and tomatoes. Use the back of a spoon to break up the tomatoes. Add the water and bring to a boil. Add the spinach, reduce heat and simmer for about 15 minutes.
3. Serve over rice and put a dollop of plain yogurt on top.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Robert Redford's "The Natural" (1984) role, Roy __
6. Ms. Abdul
11. Letter-writer's li'l afterthoughts
14. Veggie burger slice
15. "The table __ __!" (Suppertime exclamation)
16. Li'l round rate
17. Ebenezer Scrooge employee: 2 wds.
19. Three vowels
20. Heraldic border
21. Phantom's scare!
22. Edmonton office building, __ Tower
24. Book lover's Christmas decoration: 4 wds.
28. Ms. Tisdale
30. Calgary's prov.
31. Gladiator's 153
32. Lemony
34. Recipe amt.
38. Mr. Bachman
39. Most close by
42. Him, in Hull
43. Arctic birds, Snowy __
45. Very, in Verdun
46. Chicago's airport
48. River of Spain
50. Food store merchant
51. Wildlife in Canada... SARA = __ __ __ Act
56. Christmas song
57. __ Lanka
58. SNL and NASA , e.g.
61. Large truck
62. French log-shaped Christmas dessert: 3 mots
66. Bitty British band
67. Ice Cube, aka __ Jackson
68. When it will be five months from December: 2 wds.
69. East: French
70. Festive fellow, __ Nick
71. __-toothed tiger

DOWN
1. Freight train rider
2. __ about (Circa): 2 wds.
3. Nova Scotia village with a religious sounding name: 2 wds.
4. Celine Dion's "The Prayer" duettist Andrea
5. Grad-to-be, briefly
6. Mountaineer's spike
7. Tie type
8. Show-to-seats, shortly
9. Hawaii garland
10. Certify
11. Cost
12. Sewing kit item
13. Cartoon creature of blue
18. "About _ __" (2002) starring Hugh Grant
23. Fantastic, in slang
25. Sinn __ (Irish republican party)
26. Arctic __ (Northern-hopping critters)
27. Singer/pianist Mr. John's, for short
28. X-__ knife
29. Cabbage dish
32. Tropical tubers
33. "We Three Kings of Orient __"
35. British Columbia ski resort, Whistler __
36. Certain
37. __ 1 Imports
40. Raison d'__
41. Ms. Kelly of song
44. Like dry Spanish wine
47. "Gloria, __ in excelsis!": Latin bit of Christmas song "Ding Dong Merrily on High"
49. The Hobbit character Mr. Baggins, and namesakes
50. Solvers jot down answers to clues in the Crossword's what?
51. Loose rock at a cliff's base
52. Buckets
53. Grain fungus
54. Greyish
55. Special snack
59. Bring up
60. Leonard __, Roy Rogers' birth name
63. Canada's neighbour, commonly
64. Vital life energy
65. '_' __ for Eggnog

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
It's a good time of year for you but it could be great if you stop worrying about what might go wrong and give yourself over to having a fun. Remember that definitions of a good time vary from person to person.

Taurus April 21 - May 21
If someone avoids giving you a straight answer to a perfectly straightforward question, then be on your guard. Take whatever moves are necessary to protect yourself.

Gemini May 22 - June 21
Be open about your feelings. Let those who care about you know you care about them too. You can make it hard for loved ones to know what is going on in your heart or your head.

Cancer June 22 - July 23
Don't overlook details that may seem minor now but could be of major significance later on. Even the smallest of causes can result in major consequences.

Leo July 24 - Aug. 23
Forget about any setbacks you may have suffered and start looking forward to a time when everything will go right for you again — it won't be long in coming.

Virgo Aug. 24 - Sept. 23
If you get the chance to prove your critics wrong this week then take it but don't let it consume your every waking thought. Life is much too short to waste time arguing with negative people.

Libra Sept. 24 - Oct. 23
Go where you want to go and do want you want to do this week. No one is going to stop you. You've just got to be free.

Scorpio Oct. 24 - Nov. 22
Your view of reality seems to be a bit distorted and that could cause problems if you let the line between fact and fantasy get blurred. Be extra careful where money matters are concerned.

Sagittarius Nov. 23 - Dec. 21
You have come through a lot in recent weeks but now you can look back and see there were reasons for everything that happened. Put doubts and fears behind you and act as if all things are possible.

Capricorn Dec. 22 - Jan. 20
You want to be left alone with your thoughts. Make sure those you live and work with know you need space. If they are not prepared to give it to you then get up and go elsewhere.

Aquarius Jan. 21 - Feb. 19
If you are at a loss as to what to do with yourself, get together with some friends and get involved in an activity that means something to you all. Now is the time for group activities of all kinds but especially those which help other people.

Pisces Feb. 20 - March 20
Give your status and reputation some thought now. With a little bit of effort, you can move up in the world rapidly.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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FRIDAY'S ANSWERS

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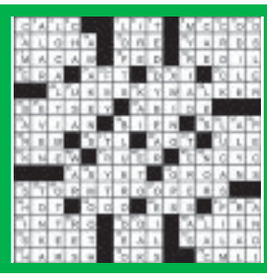

3	4	9	8	7	5	1	6	2
8	6	5	9	2	1	7	3	4
1	7	2	6	4	3	5	8	9
5	3	7	4	6	8	9	2	1
4	1	6	2	5	9	3	7	8
2	9	8	1	3	7	6	4	5
9	2	3	7	1	4	8	5	6
7	8	4	5	9	6	2	1	3
6	5	1	3	8	2	4	9	7

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